













# Your Physical Activity Results

Student ID#: \_\_\_\_\_

Student Name: \_\_\_\_\_

Physical Activity	Good Job!	Needs Improvement!	Actual	Recommended
Vigorous (Hard) Physical Activity for at least 20 min.	 Good Job!	 Needs Improvement!		Try to walk, run, bike or play harder. Work up to at least 20 min. without stopping 3 times each week.
Moderate (Stretching, Strengthening, Walking) Physical Activity for at least 30 min.	 Good Job!	 Needs Improvement!		Try to walk, bike or play at a comfortable pace at least 5 times each week. Work up to 30 min. each time without stopping.
Days per week of PE class	 Good Job!	 Needs Improvement!		Tell your parents, teacher and principal you want PE every day!
Minutes spent exercising in PE class	 Good Job!	 Needs Improvement!		Tell your teacher you want to move more in PE and <u>Do It!</u> 20 min. each class, 3 to 5 days a week, is a good workout.
Hours of TV per day	 Good Job!	 Needs Improvement!		Don't be a couch potato! Limit TV time to 2 hours or less each day. Get out and walk, play, bike or run to have fun.

DHSS recommendations for physical activity are from Healthy People 2010 Objectives.  
**Goal: Improve health, fitness, and quality of life through daily physical activity.**